There's only ONE thing you need to understand about how a coronavirus spreads.
The virus spreads when these droplets get into your eyes, nose, or mouth.

**Sick Person**

**Healthy Person**
So if you see someone who is visibly coughing/sneezing/sick, you can choose to:

0 Keep your distance. 2m to 0.5m will keep you safe from large droplets.
OR,

2. Give them a mask. They can cough / sneeze into it and protect everyone else nearby.

THANK YOU *SNIFFLES*
And in general, it's a good idea to avoid crowds, because you don't know who might be sick.

People who are infected can show no symptoms, but are still infectious.

Maybe she's not sick, just protecting herself.
However, sometimes a sick person's saliva can get on other things...

- Their hands
- Door knobs
- Train straps
- Pens
- Mouse
- Chopsticks
- Tissue
- Cups
- Lift buttons
- Stair bannisters

& even on the outside of your face mask...
And if you touch any of these things by accident, and then touch your face, or your loved ones face, you might all fall sick.
Viruses can last for up to 24 hours on objects,

and the only effective way to get rid of them is to wash them off with soap.
Which is why it is also good to follow these 5 precautions.
1. Do NOT touch your face. (Or anyone else's face.)

If you have to, wash your hands with soap thoroughly first.

- Wash with soap up to here
- Use your elbow
WHAT IS THOROUGHLY?

WASH THE BACK OF YOUR HANDS

BETWEEN THE FINGERS

UNDER THE NAILS

FOR 20 SECONDS

ENOUGH TIME TO SING "HAPPY BIRTHDAY" TWICE × 2
2. Throw away masks once they feel gross, don't wear them for more than a day!

*Bacteria grows on the insides of your mask if you wear them too long.

Also, don't touch the outside of the mask if you can.

If you did, don't worry, just wash your hands with soap after.
3. Do not share food, utensils, cups, towels.

Use a serving spoon.

Everyone gets their own towel:
- mommy
- daddy
- baby
And finally,

**Always wash your hands with soap**

- Before you eat
- And after being out in the public
STAY SAFE, EVERYONE!
MAIN REFERENCES FOR MEDICAL INFO:


3. “This animation shows how far your sneeze can actually travel.” by Chia-Yi Hou and Andrea Schmitz, in Business Insider (Jan 21, 2020)

Read the articles for more tips!